



**PROSPECT PARK  
POOL SCHEDULE  
JANUARY 4- FEBRUARY 28, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap <b>6-8:55am</b>	Adult Lap <b>6-8:55am</b>	Adult Lap <b>6-9:20am</b>	Adult Lap <b>6-8:55am</b>	Adult Lap <b>6-8:55am</b>	Adult Lap <b>7-8:25am</b>	Adult Lap <b>7-9:25am</b>
Water Muscle <b>9:00-10:00am</b>	Water Start <b>9-10:00am</b>	<b>Aqua Jogging</b> <b>9:30-10:30am</b>	Water Start <b>9-10:00am</b>	Water Works <b>9-10:00am</b>	Shrimp/Kipper <b>8:30-9am</b>	Poolates <b>9:30-10:15am</b>
Poolates <b>10:10-10:55am</b>	<b>PS 10</b> <b>10-10:45am</b> <b>10:45-11:30am</b>	Shrimp/ Inia/ Perch <b>10:30-11:00am</b>	Adult Free <b>10-10:30am</b>	<b>PS 124</b> <b>10-11:00am</b>	Inia <b>9:00-9:30am</b>	Inia <b>10:15-10:45am</b>
Older Adult <b>11-11:30am</b>	<b>PS 107</b> <b>11:30-12:15pm</b> <b>12:15-1:00</b>	Older Adult <b>11-11:30am</b>	Aqua Jogging <b>10:30-11:30pm</b>	Shrimp/ Inia/ Perch Pike /Eel <b>11-11:30am</b>	Perch <b>9:30-10am</b> <b>10-10:30am</b>	Polliwog I (2 lane adult Lap) <b>11-11:45am</b>
Adult Recreational Swim <b>11:30 - 12:00pm</b>	Adult Lap Swim <b>1:05-3:40pm</b>	Adult Lap <b>11:30-3:40pm</b>	Adult Lap <b>11:30-3:40pm</b>	<b>PS 39</b> <b>11:30-12:30pm</b>	Pike Eel <b>10:30-11am</b>	Adult Lap <b>11:45-1:00pm</b>
Adult Lap <b>12:05-3:55pm</b>	Polliwog 1 Polliwog 2 <b>Private Lesson</b> <b>3:45-4:30pm</b>	Pike Eel Ray <b>3:45-4:15pm</b>	Pike Eel Ray <b>3:45-4:15pm</b>	Poolates <b>12:30-1:15pm</b>	Pike Eel Starfish <b>11:05-11:35am</b>	Family Free Swim <b>1-3:15pm</b>
Polliwog 1 Polliwog 2 <b>4:00-4:45pm</b>	Polliwog 1 Polliwog 3 <b>Private Lesson</b> <b>4:30-5:15pm</b>	Polliwog 1 After School <b>Private Lesson</b> <b>4:15-5:00pm</b>	Starfish Polliwog 1 Polliwog 2 <b>Private Lesson</b> <b>4:15-5:00pm</b>	Adult Lap Swim <b>1:20-3:55pm</b>	Pike Eel Ray <b>11:35-12:05pm</b>	Birthday Party <b>3:15-4:15pm</b>
Guppy <b>Private Lesson</b> <b>4:45-5:30pm</b>	Minnow <b>Private Lesson</b> <b>5:15-6pm</b>	Teen level 2/3 Afterschool <b>Private Lesson</b> <b>5-5:45pm</b>	Guppy Comp Drills/ Skills <b>Private Lesson</b> <b>5-5:45pm</b>	Polliwog 2 Fish <b>Private Lesson</b> <b>4:00-4:45pm</b>	Pike Eel Ray <b>12:05-12:35pm</b>	Birthday Party <b>4:15-5:15pm</b>
Youth Free Swim (9 yrs +only) <b>5:30-6:15pm</b>	Teen/Adult Lap <b>6:05-7:25pm</b>	Youth Free Swim (9 yrs +only) <b>5:45-6:30pm</b>	Polliwog 3 <b>Private Lesson</b> <b>5:45-6:30pm</b>	Polliwog 1 <b>Private Lesson</b> <b>4:45-5:30pm</b>	Pike Eel Ray <b>12:35-1:05pm</b>	Adult Swim level 1 <b>5:15-6:15pm</b>
Teen/Adult Lap <b>6:20-7:25pm</b>	Aquacise <b>7:30-8:30pm</b>	Teen Adult Lap <b>6:30-7:25pm</b>	Teen/ Adult Lap <b>6:30-7:30pm</b>	Shark Porpoise Comp Drills/Skills <b>5:30-6:15pm</b>	Polliwog 1 Polliwog 3 Teen level 1 <b>1:15-2:00pm</b>	Adult Swim level 2 <b>6:15-7:15pm</b>
Aquacize <b>7:30-8:30pm</b>	Adult Lesson L2 <b>8:30-9:30pm</b>	Adult Lesson L1 <b>7:30-8:30pm</b>	Aquacize <b>7:30-8:30pm</b>	<b>Strong Kids Family Free Swim</b> <b>6:15-7pm</b>	Polliwog 1 Polliwog 2 Teen level 2 <b>2-2:45pm</b>	Adult Lap <b>7:15-9:00pm</b>
Adult Free <b>8:35-9:15pm</b>	Scuba <b>9:30-11:00pm</b>	Adult Lesson L1 <b>8:30-9:30pm</b>	Adult Lesson L2+ & L 3 <b>8:30-9:30pm</b>	Family Free Swim <b>7-8:00pm</b>	Polliwog 2 Polliwog 3 Guppy <b>2:45 -3:30pm</b>	<b>POOL CLOSED</b>
Adult Lap <b>9:15-11:00pm</b>	<b>POOL CLOSED</b>	Adult Lap <b>9:35-11:00pm</b>	Adult Lap <b>9:30-11:00pm</b>	Adult Lap Swim <b>9:30-11pm</b>	Guppy Minnow Fish <b>3:30-4:15pm</b>	
<b>POOL CLOSED</b>		<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	Polliwog 1 Shark Flying Fish <b>4:15-5:00pm</b>	
					Teen/ Adult Lap <b>5-9:00pm</b>	
					<b>POOL CLOSED</b>	

SWIMMING IS PERMITTED ONLY DURING THE ABOVE SCHEDULED TIMES. USE OF THE POOL AT ANY OTHER TIME IS STRICTLY FORBIDDEN, AS REQUIRED BY THE NEW YORK STATE DEPARTMENT OF HEALTH.

*POOL CAPACITY: 40 PEOPLE MAXIMUM.*

*All swimmers must shower in the locker room before entering the pool water. Bathing Caps are required for all users.*